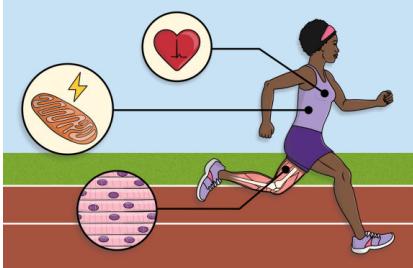




OPTIONS 2026 - PE

OCR GCSE Physical Education



What is GCSE Physical Education?

- GCSE Physical Education is the combination of practical ability and theoretical knowledge.
- Students will be assessed through a range of methods including examination, controlled assessment (coursework) and practical assessment.



How is the course assessed?



Paper 1

- Skeletal system
- Muscular system
- Movement analysis
- Cardio and respiratory systems
- Effects of exercise
- Fitness testing
- Components of fitness
- Risks in sport

Paper 2

- Social groups and participation rates in sport
- Commercialisation of sport
- Ethical issues in sport
- Sports psychology
 - goal setting
 - skilful characteristics
- Feedback
- Health and wellbeing
 - nutrition



Practical element

This is a choice of either:

1 **team** sport and 2 **individual** sports

Eg football, table tennis and badminton

Or

2 **team** sports and 1 **individual** sport

Eg netball, basketball and trampolining

This is the coursework element worth 10%
(as important as all other areas of the course)

6 sections
1- fitness testing and results

2- assessment of results

3 – core and advanced skills in sport of choice

4- assessment of your ability of skills

5- movement analysis of a skill

6- training programme to develop a skill

Paper 1 = 60 marks

Paper 2 = 60 marks

Practical = 60 marks

Coursework = 20 marks

Total = of 200 marks

What skills will I need to study GCSE PE?

- Teamwork, communication skills
- Independent learner
- Motivated
- Hard working
- Good at science - especially Biology
- Be ready to study theoretical aspects of physical education not just practical - this makes up the majority of course.
- Play sports outside of school for an extra-curricular club in all 3 sports you want to offer.
- Currently achieving 3 or more.

Pros and Cons

Pros	Cons
<ul style="list-style-type: none">• Many of the topics cross over with other subjects such as biology, physics and psychology.• You will get to participate in more practical lessons (although many of these will be theory based to back up theory learning).• You will gain an understanding of a range of sports and be able to apply your knowledge to current sporting affairs.• It is a strong basis to go on to further study in sport such as the Level 3 BTEC Sport at St. Augustine's Sixth Form.• You will receive teaching from a passionate and experienced team.• Support with extra-curricular clubs and revision.	<ul style="list-style-type: none">• The course is mainly theory. Do not take this course if you are only interested in practical sport!• The course requires you to be participating to a good level in 3 different sports. If you do not participate regularly in your own time then this may not be the course for you.• You need to have a solid biology knowledge to access the Paper 1 content.

Where will a GCSE in PE take me?

Physiotherapy

A Level PE / BTEC
Sport at 6th Form

Sports Nutrition

Sports Science

Sports Coaching

Gym Instructor

Sports Psychologist



PE Teaching



Sports Management

Further Research

- If you would like to find out more information the following places would be good to start:
- <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>
- <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>